



# Words of Wellness

The Wellness Center Monthly Newsletter

## You Are Not Alone

October is Domestic Violence Awareness Month. Below are resources adapted from the [National Coalition Against Domestic Violence \(NCADV\)](#) for educating and raising awareness in the community.

The Power and Control diagram below is particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



Click image to enlarge. Note: Domestic Abuse Intervention Programs. (n.d.). Domestic Abuse Intervention Programs. Retrieved September 30, 2021, from <https://www.theduluthmodel.org/wp-content/uploads/2017/03/PowerandControl.pdf>

### Where to seek help

- **In an emergency, call 911** — or your local emergency number or law enforcement agency. The following resources also can help:
- **Someone you trust.** Reach out to a friend, loved one, neighbor, co-worker, or religious or spiritual adviser for support.

- **National Domestic Violence Hotline: 800-799-SAFE (800-799-7233).** Call the hotline for crisis intervention and referrals to resources, such as women’s shelters.
- **Your health care provider.** Doctors and nurses will treat injuries and can refer you to safe housing and other local resources.
- **A local women’s shelter or crisis center.** Shelters and crisis centers typically provide 24-hour emergency shelter, as well as advice on legal matters and advocacy and support services.
- **A counseling or mental health center.** Counseling and support groups for students in abusive relationships are available in the campus. You can reach the [Wellness Center](#) or the [Women’s Center and LGBTQIA Safe Zone Hub](#) for support.
- **A local court.** Your district court can help you obtain a restraining order that legally mandates the abuser to stay away from you or face arrest. Local advocates might be available to help guide you through the process.

Adapted from *Domestic violence against women: Recognize patterns, seek help.* (2020, February 25). Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/domestic-violence/art-20048397?reDate=30092021>



On a typical day, domestic violence hotlines nationwide receive over 19,000 calls, approximately 13 calls every minute.  
#DVFACTS  
SOURCE: National Network to End Domestic Violence (2020). 14th Annual Domestic Violence Counts Report.

## A Letter from the Director

Frank LaTerra-Bellino, M.S.Ed., LMHC. RYT Director, The Wellness Center

*“Tele-mental health services will continue to be available and we will also be open on campus to address mental health crises.”*

Hello LaGuardia Community! On behalf of the Wellness Center, I would like to wish you a healthy start to the academic year. As we continue to navigate the challenges presented by the COVID-19 Pandemic, I would like to underscore the importance of our mental health. Providing counseling services, crisis support and educational programming remains a top priority for the Wellness Center. Tele-mental health services will continue to be available and we will also be open on campus to address mental health crises. Day, evening and weekend hours will remain to offer a range of availability for our students.

In addition, federal funding and other grant awards have given us the opportunity to hire additional trained mental health professionals to support the growing demand for counseling services. The Wellness Center will be well staffed and equipped to address the trauma and grief our students have faced. While this year may be one filled with uncertainty, our goal is to continue providing consistent quality mental health care. Once again, I wish you a healthy and safe academic year. Be well. Thank you!

## Helping Someone You Know

Here are the five action steps for communicating with someone who may be suicidal, provided by [#BeThe1To](#). These steps are supported by evidence in the field of suicide prevention.

### ASK

The key communication is asking in a direct, unbiased manner which can open the door for effective dialogue about their emotional pain and can allow everyone involved to be to see what next steps need to be taken.

### BE THERE

This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk.

### KEEP THEM SAFE

It's important to find out a few things to establish immediate safety. This step is really about showing support for someone during the times when they have thoughts of suicide by putting time and distance between the person and their chosen method, especially methods that have shown higher lethality.

### HELP THEM CONNECT

Helping someone with thoughts of suicide connect with ongoing supports (like the Lifeline, 800-273-8255) can help them establish a safety net for those moments they find themselves in a crisis. Additional components of a safety net might be connecting them with supports and resources in their communities.

### FOLLOW UP

The follow-up step is a great time to check in with them to see if there is more you are capable of helping with or if there are things you've said you would do and haven't yet had the chance to get done for the person.

[Read More \(Also available in Spanish\)](#)

## STAFF SPOTLIGHT: CHODEN TENZIN, LMSW



Choden is a licensed clinical social worker with a graduate degree from Hunter College. Choden has been trained in Interpersonal Psychotherapy, Cognitive Behavior Therapy, Cognitive Behavior Therapy – Post Disaster and Motivational Interviewing. She has extensive experience working with diverse populations addressing issues from family violence, intimate partner violence, complex trauma, inter-generational trauma, sexual assault, and acculturation stress.

Choden speaks fluent Tibetan, Hindi, Urdu and Nepali. Employing a trauma-informed, person-centered approach, Choden prioritizes creating a safe and trusting space for students to be emotionally vulnerable without fear of judgment.

For the full list of the Wellness Center staff, please visit our [website](#).

#### For Students:

If you are new to the Wellness Center and would like to access counseling services, please complete our intake form by scanning the QR code or visiting the link: [tinyurl.com/WellnessCenterIntake](https://www.laguardia.edu/WellnessCenterIntake)



#### For Faculty and Staff:

Please contact the Center via email and briefly describe your concern or visit our webpage at <https://www.laguardia.edu/helping-students-in-distress/>

DID YOU KNOW?

Finland is still the happiest country in the world...

4<sup>th</sup> consecutive year

[Read More](#)

## UPCOMING EVENTS

10.12 "No Is A Complete Sentence"

3:00PM - 4:00PM

[RSVP here](#)

10.13 Virtual Open House

2:00PM - 4:15PM

[RSVP here](#)

View our Fall 2021 e-Guidebook and [Campus Calendar](#) for information about events, groups and workshops.

[Learn More](#)

## RESOURCES



In crisis? Text "CUNY" to **741741** to text confidentially with a trained Crisis Counselor for FREE, 24/7.



If you need to speak with someone immediately, please contact NYC WELL for services at **1-888-NYC-WELL** or **1-888-692-9355** or text **65173**.



In the event of an emergency, please call **911**.

## The Wellness Center

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